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CHECK OUT OUR GUIDE TO THIS YEAR'S MIDSUMMER CLASSIC AT CITI FIELD. PAGES 13-15

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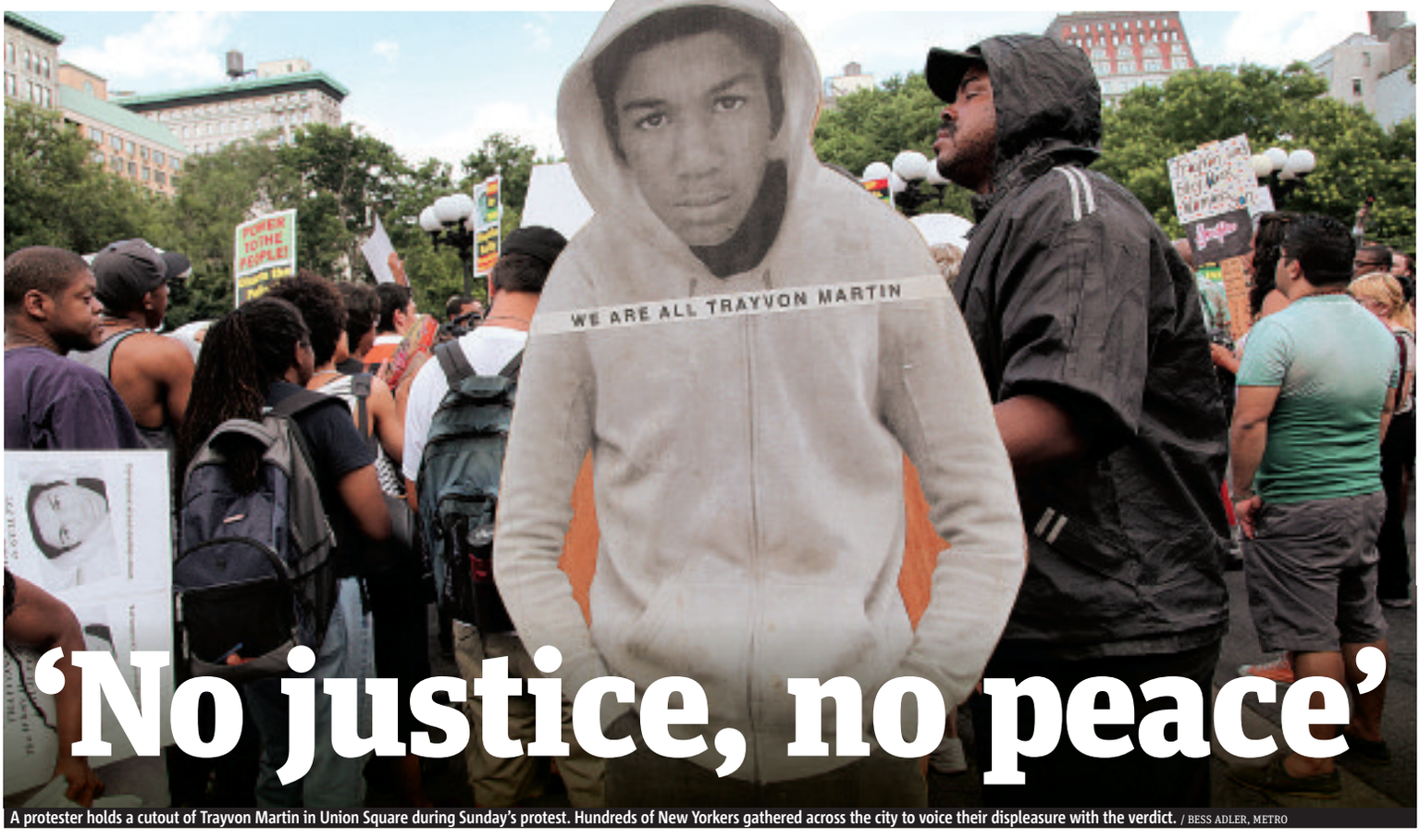
T-Mobile ALL-STAR FANFEST

Public outcry. New Yorkers mobilized across the city to protest the outcome of the Trayvon Martin murder case.
Come together. The biggest rally took place in Union Square, where politicians and residents spoke out against the verdict.
Not guilty. George Zimmerman was acquitted by the jury, but he still faces public outrage and a possible civil suit. PAGES 02, 07



'No justice, no peace'

A protester holds a cutout of Trayvon Martin in Union Square during Sunday's protest. Hundreds of New Yorkers gathered across the city to voice their displeasure with the verdict. / BESS ADLER, METRO

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NEWS

Quoted

"I believe now, with Trayvon placing his face on this, we'll start another civil rights movement."

Julian Pearson, 24, protester

Top 3

Trending at Metro.us

1 'Photos: Hundreds rally for Trayvon Martin in NYC'

2 'Who's afraid of Eliot Spitzer?'

3 'NYPD searching for missing Japanese tourist'

Protesters rally against Trayvon Martin verdict

Outrage. Protests took place across the city in response to the Martin case.

Busiswe Zamisa, Yahshua Perez and Zakhele Zamisa protest at the Trayvon Martin rally in Union Square on Sunday. / BESS ADLER, METRO

Hundreds of New Yorkers gathered in Union Square and other parts of the city Sunday to decry racial profiling, which many said led to the death of a 17-year-old black youth in Florida.

"It affects our entire community," said Kellie Knight, 43, of the Bedford Stuyvesant section in Brooklyn.

When Knight heard George Zimmerman was found not guilty in the murder of Trayvon Martin, she stayed up thinking about how to explain the verdict to her young daughter.

"I have to explain to my 10-year-old she might be profiled," Knight said at the protest, tearing up.

Politicians and protesters at the demonstration spoke out against the jury's verdict, noting the decision particularly resonated in New York, more than 1,000 miles away.

"We know that racial profiling happens every day in the city," said Public Advocate and mayoral candidate Bill de Blasio.

In between cries of "No justice, no peace," protesters brought up the NYPD's surveillance of Muslim communities and the department's controversial stop-and-frisk practice as local examples of profiling.

In a statement on the verdict, Mayor Michael Bloomberg criticized Florida's "stand your ground" law, saying such laws "inspire dangerous vigilantism and protect those who act recklessly with guns."

While Bloomberg didn't mention Martin's race, de Blasio and others spoke about the connection.

"Trayvon was gunned down because of the color of his skin," Manhattan Borough President and city comptroller candidate Scott Stringer said.

City Councilman Jumaane Williams noted it was difficult to be a black man in America — a sentiment expressed by many.

"I'm very scared as a black man walking in the street," said J. Michael King, 30, from Harlem.

Bedford Stuyvesant resident Alex Brueggeman, 24, said the verdict was "soul-breaking."

"It's just another reminder your life isn't valued," said Brueggeman, who is black.

To read more coverage of the Trayvon Martin case, see page 7.

Hundreds came to voice their disagreement with the verdict. BESS ADLER, METRO

ANNA SANDERS
anna.sanders@metro.us

Knife attack. Livery driver suspected in Queens stabbing

Police are searching for a livery cab driver who they said fatally stabbed a man and wounded another in Woodside, Queens, Saturday.

Two men were trying to enter a cab around 5 a.m. when the driver got into a scuffle with them. He struck one man with a bat and reportedly stabbed both of them.

The cabbie drove away as a witness threw a bottle at the car and smashed the rear windshield. Police said the vehicle is a dark older model sedan with decals.

One of the men was later pronounced dead from his stab wounds. ANNA SANDERS

Gun violence

Man shot dead in Bronx

A man was fatally shot Sunday in the Mott Haven section of the Bronx.

Police found Samuel Gonzalez, 27, with multiple gunshot wounds in front of a house on Brooke Avenue.

Police have made no arrests and the investigation is ongoing. ANNA SANDERS

Busy street. Elderly woman fatally struck by car in Brooklyn

A 79-year-old woman was killed while crossing a busy intersection in Brooklyn on Saturday night.

King Fong was attempting to cross westbound on Bay Parkway near 72nd Street in Bensonhurst, around 9 p.m. when she was hit by a Dodge sedan, police said.

Police found Fong, a Queens resident, unresponsive at the scene of the accident. She was taken to Lutheran Medical Center, where she was later pronounced dead.

The Dodge's driver remained at the scene after the accident. Police said the investigation is ongoing. ANNA SANDERS

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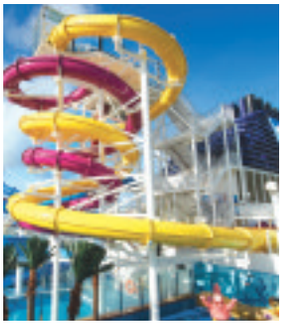

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Councilman Vallone said it was a slap in the face when the bridge was renamed for Ed Koch. / GETTY IMAGES

Vallone wants Koch's name off of bridge

Troubled waters. City councilman says the Ed Koch Queensboro Bridge should return to its original name.

The bridge underwent a name change in 2011 to pay homage to former NYC Mayor Ed Koch.

The change didn't sit well with Vallone, who introduced legislation that would not allow city property to be renamed after living people. The legislation failed, but Vallone is pushing for name restoration.

"I think it's a long pattern of Manhattan taking advantage of Queens," Vallone said.

The bridge holds a lot of history for Queens residents. "It was really the catalyst of the population movement toward Queens and for it to be taken from them as a political favor was an outrageous laugh in our face," said Vallone.

Vallone added that the Municipal Building in Manhattan would be a better alternative to memorialize Koch.

BREANNA BISHOP
letters@metro.us

Reclaiming the bridge

"The people of Queens wanted their bridge back, and I'm starting the process of bringing that back." Peter Vallone Jr.

Infestation. Bug bombs cause partial collapse of building

A woman attempting to deploy nearly two dozen bug bombs inside her small New York City apartment caused a partial collapse of the five-story building, injuring 14 people, the fire department said.

Fire marshals said the woman told them she set off 20 bug bombs, also known as foggers, without incident on Wednesday inside her Chinatown apartment.

But as she set about repeating that exercise on Thursday, the highly flammable cloud of insecticide was ignited, likely by the pilot light in her oven or some other appliance, according to Jim Long, a fire department spokesman.

The fiery blast caused a partial collapse of some ceilings and walls on the first floor of the building, which contains businesses as well as other apartments, he said.

The woman with the bug infestation was among 14 people who suffered injuries such as burns and respiratory distress.

Fire officials ruled the explosion an accident.

Firefighters retrieved 21 discharged bug bomb canisters from the scene, Long said.

REUTERS

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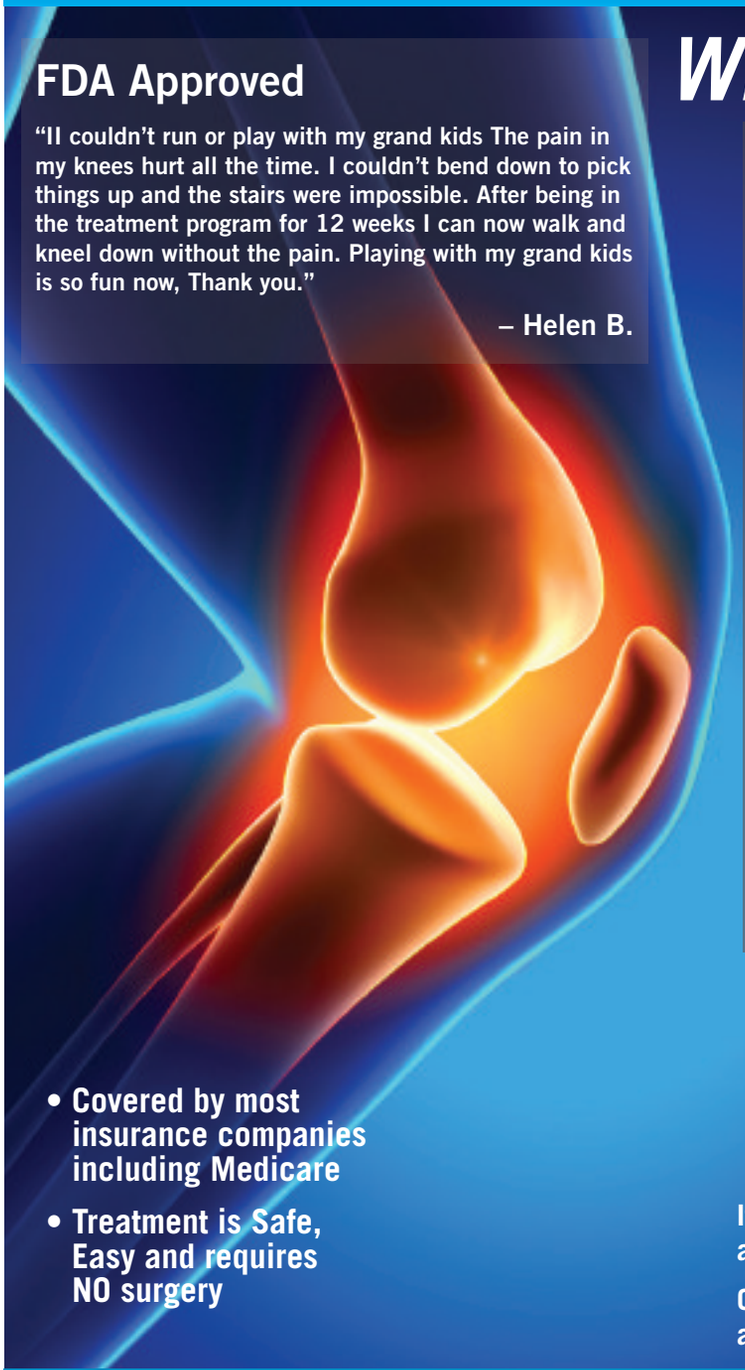
– Helen B.



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New Yorkers give the French a kiss on Bastille Day

New Yorkers showed their love for all things French on Sunday with a Bastille Day celebration on the Upper East Side. The block party on 60th Street, hosted by French Institute Alliance Francaise, included food, arts and crafts, and live music in commemoration of the event. The festivities were capped off with a three-course lunch. Bastille Day is celebrated on July 14 and memorializes France's overthrow of its monarchy. / AARON ADLER, METRO

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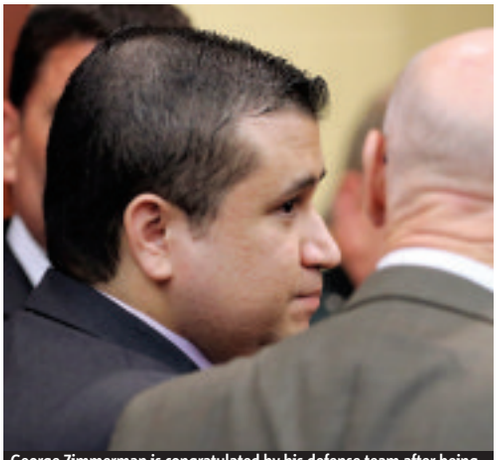
Zimmerman, acquitted of Martin's death, under fire



George Zimmerman is congratulated by his defense team after being found not guilty on the 25th day of his trial, at the Seminole County Criminal Justice Center on Saturday in Sanford, Fla. / GETTY IMAGES

Jurors. The six women found him not guilty of second-degree murder and manslaughter.

Cleared by a Florida jury, George Zimmerman walked free from criminal charges in the shooting death of Trayvon Martin but still faces public outrage, a possible civil suit and demands for a federal investigation.

Critics contend Zimmerman wrongly suspected 17-year-old Martin of being a criminal because he was black, making it a civil rights issue, while gun rights supporters saw Zimmerman as a persecuted hero who was exercising his Second Amendment right to bear arms.

Zimmerman's lawyers argued he acted in self-defense the night of Feb. 26, 2012, when he and Martin met inside a gated community in the Central Florida town of Sanford. They accuse civil rights advocates of wrongly injecting the issue of race.

"It was such a shame. The whole case nearly destroyed George from Day One. ... That they put a racism spin on this prosecution just hurt him very deeply," said John Donnelly, a close friend of Zimmerman who testified in the trial.

Civil rights leaders including Jesse Jackson, Al Sharpton and Benjamin Jealous, president of the National Association for the Advancement of Colored People, urged the Justice Department to pursue federal civil rights charges against Zimmerman.

Jealous said Martin's family may bring a civil suit against Zimmerman.

REUTERS

Quoted

"I am hurt. I am sad. I am disappointed and my heart is overwhelmed with pains."

Valarie Houston,
Pastor of the Allen Chapel A.M.E. Church in Sanford, Fla., where she dedicated a Sunday morning prayer service to Trayvon Martin

Not guilty

Reaction to the verdict

Mark O'Mara, Zimmerman's lead defense lawyer:

"George Zimmerman was never guilty of anything except protecting himself in self-defense. This is a tragedy like any other loss of children. It's not one that George was responsible for."

Bernie de la Rionda, the chief prosecutor in the case, told reporters:

"Am I disappointed? Yes. Because I thought he was guilty.

"We live in a great country that has a great criminal justice system, it's not perfect, but it is the best in the world and we respect the jury's verdict."

Zimmerman defense lawyer Don West told reporters:

"I think the prosecution of George Zimmerman was disgraceful. I am gratified by the jury's verdict. As happy as I am for George Zimmerman, I'm thrilled that this jury kept this tragedy from becoming a travesty. For that we are eternally grateful. But it makes me sad too that it took this long under these circumstances to finally get justice."

REUTERS

Tracy Martin / GETTY IMAGES

Tweeted

"Even though I am broken hearted my faith is unshattered I WILL ALWAYS LOVE MY BABY TRAY. God blessed Me & Sybrina with Tray and even in his death I know my baby proud of the FIGHT we along with all of you put up for him GOD BLESS."

Tracy Martin, Trayvon Martin's father

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Gov. Perry defends abortion measure

See more at www.metro.us

Anti-abortion and pro-choice protesters rally at the Texas Capitol in favor and against the state's controversial new abortion legislation on July 8. / GETTY IMAGES

Heated issue. It's the latest effort by the GOP to impose new restrictions on late-term abortions.

Gov. Rick Perry yesterday defended a measure passed by the Texas Legislature to ban most abortions after 20 weeks of pregnancy, saying states — not the federal government — should decide such matters and rejecting criticism that the law would shut down most of the state's abortion clinics.

The Republican-controlled legislature gave final passage to the measure on July 12 and sent it to the Republican governor to sign into law. Perry had called a second special session of the legislature to get the bill passed.

"Most people, I think, in this country — and in Texas, certainly — believe that six months is too late to be deciding whether or not these babies should be aborted, or not. And we put the limit at five months in this bill," Perry told the CNN program "State of the Union."

"This gets back to the issue of should the states be able to make these decisions, or should we allow this big, cumbersome federal government to decide for all of us," Perry added.

The measure also would impose a series of new requirements on abortion clinics and doctors who perform abortions, mandating that doctors have admitting privileges at a hospital within 30 miles of the clinic and creating stricter guidelines for how doctors administer abortion-inducing drugs.

REUTERS

Ban

13th

The measure would make Texas the 13th state to pass a ban on abortions after 20 weeks of pregnancy.

Secret. J.K. Rowling outed as writer of popular crime novel

Harry Potter author J.K. Rowling secretly posed as a retired military policeman to write a crime novel that has been hailed as one of the best debut detective stories in years.

Rowling wrote "The Cuckoo's Calling" under the pseudonym Robert Galbraith, pretending that it was the work of a married father of two and former undercover investigator.

Her cover was blown when the Sunday Times newspaper became suspicious that such an assured piece of writing could have been created by a first-time novelist. An investigation uncovered that Rowling was the real author.

"I had hoped to keep this secret a little longer, because being Robert Galbraith has been such a liberating experience," the 47-year-old said. "It has been wonderful to publish without hype or expectation, and pure pleasure to get feedback under a different name."

REUTERS

US Senate

Reid, GOP leader yield no ground in showdown

The Senate's top Democrat and Republican yielded no ground as they neared a showdown over President Barack Obama's executive-branch nominees that could dramatically change how the Senate operates.

Appearing on "Meet the Press," Senate Democratic Leader Harry Reid charged that Republican obstructionism has prevented Obama from getting much of his second-term team in place. REUTERS

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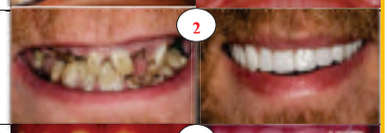

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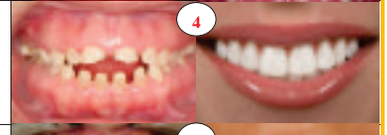

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Transferring up (way up)

Author Diane Melville / PROVIDED

Start small. Author Diane Melville says community college can be the first step on the road to the Ivy League.

In her junior year of high school, Diane Melville met with a recruiter from the honors program of Miami Dade College — a community college — who told her she could transfer to Harvard or Cornell if she buckled down.

"It just sounded like a scam. I thought this person was a telemarketer or something," says Melville. "But I took a look at the materials and decided to give it a go, because I wasn't gung-ho about my other options."

To the dismay of her parents, Melville turned down a modest financial aid package from the University of Miami and enrolled in the two-year program at Miami Dade. Now 26, Melville owns her own consulting company in Austin, Texas; she was the first in her family to graduate from college — attending Tulane University and Babson College after turning down offers from Cornell and Harvard.

Her first book, "The Community College Advantage: Your Guide to a Low-Cost, High-Reward College Experience," is a step-by-step guide to setting your sights high and streamlining the transfer process.

"When I was looking at schools, I just wasn't getting the financial aid I thought I would get. [Colleges] were asking me to pay upwards of $24,000 a year. I had worked so hard to get scholarships, so I really didn't want to go into that much debt," she explains. "When I went to a community college, it was disappointing to my mother, my peers, my counselors — everybody really. No one could understand why I made this decision. But now they sure do. In the current financial environment, it's definitely becoming a more accepted route."

BRUCE WALSH
bruce.walsh@metro.us

Quoted

"Research the hell out of them! You want to know everything humanly possible about those schools, because you don't want to spend two years completing courses that they don't accept."

Melville, on how to use research in the leap from community college to a big-league education

Ch-ch-changes

Low cost, high reward

"You have to notice that community college admissions and their enrollment has changed drastically over the years," Melville says. "Before it meant that students didn't quite know what they wanted to do in high school. Now, it's really becoming that they're really bright students who just can't afford a four-year institution."

But just because you can't afford a four-year university doesn't mean you aren't receiving the education that you need. According to Melville, it is often the case that professors who teach at really high-caliber institutions

are also adjuncts at community colleges.

Core strength

Team of transfers

Starting at a community college allows students to take general education prerequisites and pay a very minimal cost for them, Melville says. Students can dive right into the core classes that are key to their major once they transfer to an institution, while also meeting other transfer students.

"A lot of schools have transfer programs where you get grouped with other transfer students," Melville says, "you meet people from all walks of life and it introduces you to the university with a close group of friends."

Melville says savings and the ability to have a second chance at a school that "makes you proud, makes your family proud and will launch you academically and professionally" is an amazing opportunity

JULIE KAYZERMAN

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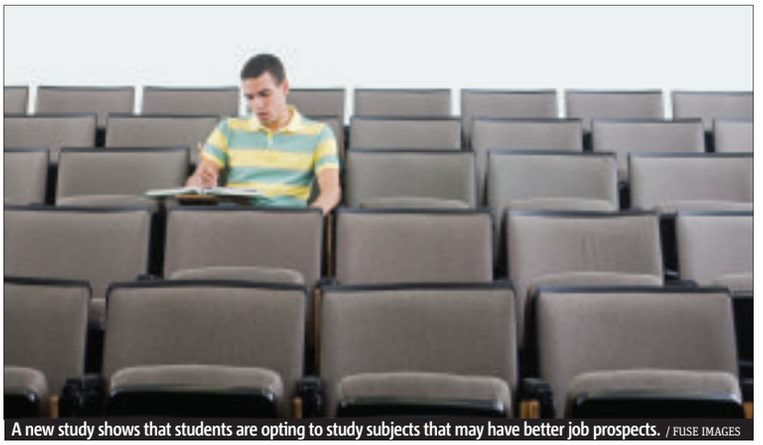
A weak pulse in the 'heart' of college

Education EKG. A recent study suggests that students are drifting away from the humanities.

The term "humanities" covers a broad spectrum of topics — from literature to music and philosophy — and that's sort of the point. Humanities is an inclusive idea that refers to many fields of study and is revered for providing a broad spectrum of learning to students. A recent report from the American Academy of Arts and Sciences titled "The Heart of the Matter" says that students are opting out of pursuing the humanities in college. As college tuitions go up and students look at a tough job market, the study suggests they are taking classes with a firmer guarantee of jobs after graduation.

"The Heart of the Matter" attempts to further the conversation about the importance of humanities. The report "calls on parents, teachers, scholars, the media and the public at-large to join a cohesive and constructive national discussion of these issues." We spoke with several academics in an attempt to do just that.

Steven G. Brint, vice provost for undergraduate education and professor of sociology at the University of California, Riverside, has been watching academic disciplines rise and fall for years. "The fields that students study in colleges and universities are far from stable over time. Instead, new fields come into being and some fall into obscurity," says Brint. Though some may put the humanities into the "obscurity" category, Brint sees hope. "I am confident that those who have a feeling for the humanities will find a way to continue to appreciate them. These fields are not on the verge of going extinct," he says.



A new study shows that students are opting to study subjects that may have better job prospects. / FUSE IMAGES

Quoted

"I am confident that those who have a feeling for the humanities will find a way to continue to appreciate them. These fields are not on the verge of going extinct."

Brint, on an American Academy of Arts and Sciences report that suggests the humanities are fading at the university level

Dr. Jana Mohr Lone is the director at University of Washington's Northwest Center for Philosophy for Children. The program she introduces philosophy to K-12 students. "Engaging in philosophical exploration encourages children to think abstractly and deeply about themselves and their experiences, and helps them develop confidence in their own ideas and questions, as well as strong critical and creative thinking skills," she says.

Lone also has hope for the humanities. "I believe that if we can tap into the natural interest children have in exploring some of the central questions at the heart of the humanities, children will grow up with an enduring passion for ideas and a commitment to furthering their imaginative thinking about these questions."

JULIA WEST
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2

CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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dorothy.robinson@metro.us

More on the tragic death of Cory Monteith

As you may have heard, "Glee" actor Cory Monteith was found dead in a Vancouver hotel room Saturday. Police and paramedics found no signs of foul play and the cause of death was not immediately apparent, British Columbia Chief Coroner Lisa Lapointe told reporters at a news conference. An autopsy is scheduled for today.

In a statement on the "Glee" Twitter page, the executive producers of the show and Fox said they were "deeply saddened by this tragic news."

"Cory was an exceptional talent and an even more exceptional person," the Twitter message said. "He was a true joy to work with and we will all miss him tremendously. Our thoughts and prayers are with his family and loved ones."

In April, Monteith "voluntarily admitted himself to a treatment facility," his representative told People magazine. The reason for the rehab stay was unspecified.

In Monteith's first public outing after his April rehab stint — and his last before his death — he attended the Chrysalis Butterfly Ball with girlfriend Lea Michele in June. / GETTY IMAGES FOR CHRYSALIS

Monteith had struggled with substance abuse. In a 2011 interview with Parade magazine, Monteith admitted to a rehab stay when he was just 19. "I burned a lot of bridges," he said. "I was out of control." At the time, he said he had a "serious problem" and was using "anything and everything, as much as possible." Monteith spent his teen years attending up to 12 different schools, including alternative programs for troubled teens.

"I don't want kids to think it's OK to drop out of school and get high, and they'll be famous actors, too," he told Parade. "But for those people who might give up: Get real about what you want and go after it."

Talking point

It was a big weekend for celebrity weddings

Jimmy Kimmel married his comedy writer girlfriend, Molly McNearney, on Saturday in Ojai, Calif. Such A-listers as Matt Damon, Ben Affleck, Howard Stern, Emily Blunt and John Krasinski were in attendance. Meanwhile, over in France, Halle Berry and Olivier Martinez said "I do" in front of 60 guests on Saturday at Chateau des Conde in Vallery, according to Us Weekly. The pregnant Berry and Martinez were married in a civil ceremony earlier in the day, followed by a religious ceremony at the chateau. The day finished off with dinner, dancing and fireworks. "They all partied long into the night," a source says.

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CITI'S 'STAR' TURN

New York last hosted an All-Star Game in 2008, but that was at the old Yankee Stadium. Shea Stadium hosted its only game on July 7, 1964. / GETTY IMAGES

MLB All-Star Game. The 84th matchup between the top players in each league goes down Tuesday at Citi Field.

The last time Queens hosted an All-Star Game, Sandy Koufax and Juan Marichal were in the bullpen and Willie Mays and Mickey Mantle were patrolling center field.

The game has come a long way in 49 years, and the borough has as well. Queens has added about 400,000 residents and gone from about 20 percent foreign-born to more than twice that in 2010.

It seems fitting that Tuesday's All-Star Game (8 p.m., FOX) will be reborn as well.

There will be 30 players making their All-Star Game debuts — 13 in the American League and 17 in the National League. The youngest is the Nationals' Bryce Harper, who at 20 years old is also the youngest starter in the game's history. Of course, he's not even one of the players making his first appearance in the game. But he's not the only player barely two decades old. Marlins pitcher Jose Fernandez, 20, is just three months older than Harper.

Fellow young stars Jean Segura, Patrick Corbin, Manny Machado and Mike Trout make up one of the most interesting classes in years.

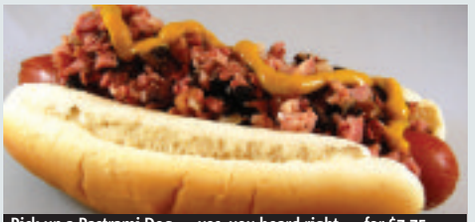
And then there is Matt Harvey, who appears set to start at home in his first All-Star appearance. Manager Bruce Bochy will make the announcement today, but the Mets didn't skip Harvey's start on Saturday to see him pitch in the third inning at Citi Field.

Harvey's ascent, both in the game and to the mound on Tuesday, could mark the beginning of a new era for the Mets. Young stars often break out at the annual showcase of the league's best players.

All the way back in 1964 at Shea Stadium, there was a young catcher — just 23 years old — making his first All-Star Game start. His name was Joe Torre.

MARK OSBORNE
mark.osborne@metro.us

What's on the menu?



Pick up a Pastrami Dog — yes, you heard right — for $7.75 in section 315 during the game. / PROVIDED

A lot of food will be served at Citi Field this weekend — a lot. Check out what Aramark is providing for the All-Star Game:

- 37,000 hot dogs
- 1,700 orders of nachos
- 12,500 burgers
- 13,700 soft pretzels
- 7,800 bags of peanuts
- 15,000 pounds of fries
- 3,000 pounds of chicken tenders
- 28,357 bottles of water
- 250 gallons of ice cream
- 900 pounds of filet mignon

PLUS

Quoted

"I really had to work to keep from throwing up. I did. It's probably an exaggeration, but that's the feeling I had."

Mets legend Tom Seaver, to the Daily News, on making his first All-Star Game appearance in 1967. Seaver will throw out the ceremonial first pitch Tuesday.

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Veteran host

Wright put in charge of Home Run Derby squad

The captain of the Mets has authored a terrific first half. And now, he's taken on the role of a different captaincy.

David Wright will lead the NL Home Run Derby squad at his home park tonight (8 p.m., ESPN).

"A lot of players don't get the opportunity to participate in one, let alone the ones I have participated in," Wright said. "This year being at home, obviously it's special."

Joining Wright will be New York native and Pirates third baseman Pedro Alvarez, Washington's Bryce Harper and Colorado's Michael Cuddyer.

"It's fun and nerve-wracking," Wright said. "I didn't realize what pressure it would be to come up with the guys. I sat down and made a list of guys, and it ended up being about nine or 10 guys. I can only invite three."

DENIS GORMAN

See more at www.metro.us

Matt Harvey already has a supermodel girlfriend, but he could be a household name across the country after Tuesday night. / GETTY IMAGES

Harvey hits the national stage

MLB All-Star Game. The Mets' young ace is stepping into the spotlight on his own mound.

Luck isn't a word that has been used in conjunction with the Mets much in the last four-and-a-half years. But it was the word manager Terry Collins used when discussing the selections of David Wright and Matt Harvey to the NL All-Star team.

"I am very, very happy, and we are very, very lucky we have those guys on our team," Collins said of the franchise cornerstones last week.

This will be Wright's seventh All-Star appearance and Harvey's first.

"They have had tremendous first halves," Collins said. "I thought Matt would pitch [well, but] I didn't realize he would pitch this good. From what I saw last year in the second half, I thought, 'Wow the sky's the limit here,' but [for him] to come as fast as he has come to where he is at right now is pretty impressive."

While the All-Star Game is old hat for Wright, it is new ground for Harvey. Twenty-nine starts into his major-league career, the right-hander has become the unquestioned ace of the staff.

Harvey has a 7-2 record in 19 first-half starts, with a 2.35 ERA. His 147 strikeouts lead the National League.

"It hasn't quite hit home yet," Harvey told reporters, "but it's definitely a huge honor, and I couldn't be more excited that it's New York."

DENIS GORMAN
sports@metro.us

NL starters

- **Catcher:** Yadier Molina, Cardinals .334, 6 HR, 45 RBIs
- **First base:** Joey Votto, Reds .318, 15 HR, 41 RBIs
- **Second base:** Brandon Phillips, Reds .267, 12 HR, 71 RBIs
- **Third base:** David Wright, Mets .305, 13 HR, 44 RBIs
- **Shortstop:** Troy Tulowitzki, Rockies .338, 16 HR, 52 RBIs
- **Left field:** Carlos Beltran, Cardinals .309, 19 HR, 53 RBIs
- **Center field:** Carlos Gonzalez, Rockies .301, 25 HR, 64 RBIs
- **Right field:** Bryce Harper, Nationals .265, 13 HR, 29 RBIs

Upgrade from the minors to the majors.

AL starters

- **Catcher:** Joe Mauer, Twins .321, 8 HR, 32 RBIs
- **First base:** Chris Davis, Orioles .313, 36 HR, 89 RBIs
- **Second base:** Robinson Cano, Yankees .300, 21 HR, 64 RBIs
- **Third base:** Miguel Cabrera, Tigers .367, 30 HR, 95 RBIs
- **Shortstop:** J.J. Hardy, Orioles, .251, 16 HR, 51 RBIs
- **Left field:** Jose Bautista, Blue Jays .256, 20 HR, 55 RBIs
- **Center field:** Mike Trout, Angels .322, 15 HR, 59 RBIs
- **Right field:** Adam Jones, Orioles .293, 18 HR, 65 RBIs

Sandman enters All-Star stage for one final salute

MLB All-Star Game. Mariano Rivera's typical first-half performance earned him one final trip to the Midsummer Classic.

It's hard to believe, but the greatest closer in baseball history hasn't pitched in an All-Star Game since 2009.

Then again, that's also the last time the American League won.

Mariano Rivera will be making his 13th appearance on the All-Star Game roster. He's pitched in eight of the 12 so far.

"To me, all of them are special," Rivera said yesterday. "If you have the opportunity to be there, not too many players have the opportunity. It's a privilege to represent the American League."

If he gets into the game, Rivera will be pitching for the first time since getting his fourth All-Star save. He will also be pitching in his second All-Star game in New York.

The last time an All-Star game was held in New York, in 2008, Rivera was nearly the winning pitcher at old Yankee Stadium. Rivera kept that game tied in the ninth and would've been the winning pitcher had Grady Sizemore or Evan Longoria gotten a hit with the bases loaded.

Rivera displays his final All-Star Game jersey yesterday with teammate Robinson Cano. With his retirement, he will also be the final No. 42 in All-Star history. / GETTY IMAGES

First-time memory

Cleveland holds special memory

It is not lost on Mariano Rivera that the first time he closed out an All-Star Game, in 1997, his catcher was Sandy Alomar Jr. and that game was held in Cleveland.

Rivera's first year as a closer ended in Game 4 of the ALDS in Cleveland that year on a game-tying home run by Alomar in the eighth.

"Yes, I know, it was [ironic]," Rivera said of the instance.

The Indians won in the ninth inning of that game and Rivera would not pitch again until 1998 — a 114-win championship season fueled by the disappointment of that loss.

LARRY FLEISHER

Pitching tomorrow or, at the minimum, getting introduced to the crowd are among the reasons Rivera did not want to end his career after suffering a serious knee injury last season.

"The fact that I went through all the adversity and I'm standing here talking about the All-Star Game ... it's a privilege," he said.

LARRY FLEISHER
sports@metro.us

All-Star numbers

13
Rivera will be making his 13th All-Star Game appearance — the most ever by a relief pitcher.

4
Rivera has four saves in the All-Star Game (1997, 2005, 2006 and 2009), which is also the most all time.

0.00
Rivera has never allowed an earned run in the All-Star Game and therefore has a 0.00 ERA. His only unearned run came in 2000.

8
Rivera has pitched just one inning in all eight All-Star Game appearances.

24
Rivera has faced 24 batters in his All-Star Game career and only five have reached base.

6
Despite having only four saves, Rivera has finished six All-Star Games, closing the door in 2000 and 2004 in addition to the four saves.

0
Rivera has never walked a batter in his All-Star Game career.

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How a Twitter character became a phenomenon

Publishing. Don't follow @DadBoner on Twitter? Don't worry — he's now a legitimate author.

Karl Welzein, aka @DadBoner, loves Maui Jim's sunglasses, Guy Fieri, Bob Seger concerts and heading out to "Cold One City." "Really lookin' forward to the weekend, you guys," he tweets weekly. The Grand Blanc, Mich., native (and his hapless hijinks) are so beloved on Twitter, he's garnered close to 150,000 followers. Mike Burns, the recently outed comedian behind the feed and author of the new book "Power Moves," explains to us how "there's a little bit of Karl Welzein in all of us."

If you go

Mike Burns, aka Karl Welzein, aka @DadBoner

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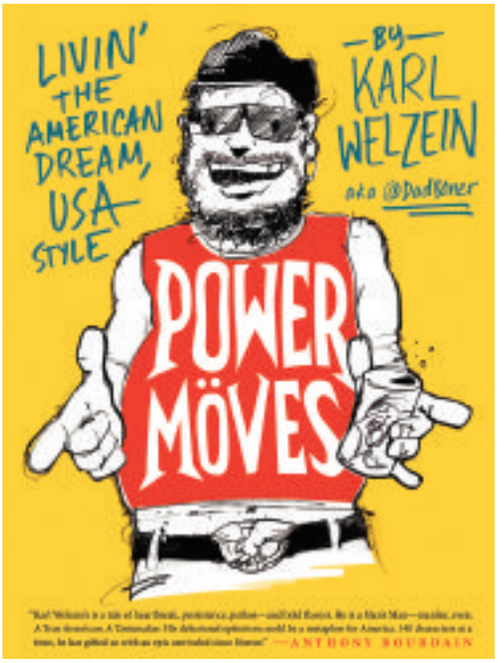
Top @DadBoner tweets

- Told work I gotta split for a business appointment. 'Cause drinkin' cold ones is my business, and business is good ...
- My workout routine: 1. Look at a pic of Stone Cold Steve Austin. 2. Do 'shups 'til you look like the Rattlesnake. 3. Cut off your sleeves.
- If you think it's "uncool" to love America, why don't you go see how "cool" it is to live in a country that doesn't have toilets or pizza.
- When you call the Suicide Hotline, they should just say, "Slow down, corncob. Have you tried Chili's? What's your problem?"
- Change in your pocket, domesto cans on ice, your team on top, arms on swoll, a jam on the radio, and babes in the night. The American Dream.



@DadBoner is one of the most popular Twitter personalities. Did you ever expect this success?
I absolutely did not. But it's so much fun how people love Karl Welzein as much, if not more, than I do.

How did the name @DadBoner come about? Karl Welzein?
The character was constantly talking about things that give dads "boners." Like a new Calloway driver, or getting two appetizers at Applebee's, or some new Wrangler jeans just like Brett Favre advertises. Also, the word "dadboner" is hilarious, and I'm childish and I'm a 12-year-old. "Karl" and "Welzein" are the first and last names of my two best friends from Michigan.

Why would someone buy "Power Moves" and not just read your Twitter?
The book is written in long-form — the way it was intended to be — as Karl Welzein's journal. ... I thought it was hilarious to have a fake person who only lived on the Internet get a real book published under his name, and now, you can physically hold it in your hands in real life. It's so surreal to me. That fake guy you laughed at for the past three years is now a published author. It gives a whole other level to the story, having him deal with his own fake reality. It makes my brain hurt, in a good way.

DOROTHY ROBINSON
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Hold your breath and dive in: It's yoga poses for swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers.

Into looking good at the pool? You'll need more than a hot swimsuit. "If you want to improve your swimming technique and stamina, you're going to need a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium, water or air," she adds.

Here's how:

It winds up deepening and lengthening your breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic. Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally. This is good preparation for bilateral breathing (lifting the head alternately right then left out of water to breathe) and a vital warm up for the lungs," explains Lewis.

It will help you glide effortlessly through the water

According to Lewis, a swimmer should have a flexible thoracic spine — the upper region above the waist to the shoulders. "Once you start free styling or front crawling, that's the part of your body that's going to rotate. Yoga helps you become aware where your stiffness is, and where your balance is and as a result, you develop much better body coordination," she adds. Puppy Dog is a good option here as it opens up the triceps, shoulders and latissimus dorsi.

Get started

Sophie Lewis' handy pre-pool warm-up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open t. side flank (between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

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Tip

It strengthens your core to push forward more powerfully in the water

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis. "But if you find your strength from your center, that's a much better platform for stamina, and you'll be able to keep going for long periods of time. Drawing your navel center in and getting the power to push out from your core really helps,"

Try it with us! Get the full sequence at www.metro.us.

"Swimming requires repetitive rotational shoulder and hip movements. Adding yoga to your regimen can help you maintain strength and flexibility through your full range of body motion. You'll also develop core strength and find a comfortable and almost meditative rhythm to your strokes. The poses in this sequence focus on stabilizing the rotator cuffs, neutralizing the asymmetries of the spine and keeping the hips flexible."

Yogi Kathryn Budig

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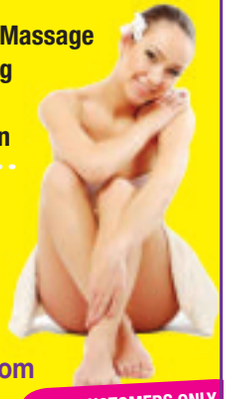

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Laughter really is the best medicine

First person. One Metro reporter gets giggly in yoga.

The patrons of The Laughter Yoga Salon enjoy another session. / PROVIDED

Maybe it was the welcoming freestyle dance session with 15 other strangers, taking a ride on the boogie train or putting on some laughter lotion from the imaginary vat on the floor that made me start to feel a little bit silly about being at laughter yoga. But whatever it was, I couldn't help but laugh in this room devoid of judgment.

Greeted by Francine Shore, the instructor, with a huge smile and a tambourine to dance along to, I was stressed, sweaty and unsure about what to expect. But none of that mattered, because this hour and 15 minutes was all about laughter.

I was introduced to my new classmates with an exercise where we were asked to imagine our tongues were glued down and then talk to each other, with nothing but ridiculous tongue-tied noises, silly hand gestures and laughs.

"Laughter yoga is like the social glue," Shore says. "You develop friendships simply by just laughing with people. My closest friends now are from the laughter yoga clubs."

While we were all hopping around chanting, "Ha-ha" and clapping playfully, the tiny exercise room filled with people from all different ages, ethnicities and walks of life started to feel less awkward. I stopped thinking with my head and began to transform into a little kid again, thinking with my heart.

"It's a life-changing experience," Shore says. "It moves beyond the exercises. It infiltrates your life and it becomes a laughter lifestyle."

The laughter yoga exercises may begin as fake laughter, but soon turn into real laughter as you become relaxed, release endorphins and bring more oxygen to your brain with yogic breathing, providing a therapeutic experience.

"I love the transformation in people," Shore says. "People come in with their sadness, with their angers, with their fears, with their losses. I love to see them transcend into joy and relaxation and competence and empowerment and real centeredness."

Quoted

"It's a life-changing experience. It moves beyond the exercises. It infiltrates your life and it becomes a laughter lifestyle."

Shore

If you go

The Laughter Yoga Salon

First three Tuesdays of each month, 6-7:15 p.m.
Chelsea Studios/ Theatreworks USA
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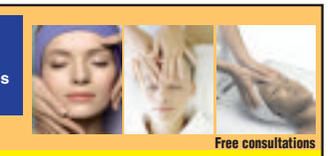
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Jobs Advice

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WWW.DANSCHAWBEL.COM

Dan Schawbel is the founder of Millennial Branding and the author of "Promote Yourself: The New Rules For Career Success" (St. Martin's Press).

See more at www.metro.us

If you forgo the beach and buckle down on your career during the summer, the results can surprise you. / GETTY IMAGES, VSTOCK RF

Reach out

Use the network you already have

Most people fail to see the network that's right in front of them. Use your family, friends and anyone you've met in the past to uncover job leads. It's far easier to use your current network than to build one from scratch.

DON'T BE A SUMMER SLOUCH

Summer is a great time to search for a job because most people are distracted by the weather and vacations. Instead of putting off your job search, turn it into hyperdrive. For students, this is the best time to find an internship because there are more formal programs during summers than any other season. For professionals, this is the best time to stand out in the job pool because there are fewer résumés going out.

Here are a few summer job-search tips:

Do freelance projects

One of the best paths to employment is freelancing. If you are a graphic designer or programmer, for example, you can find freelance opportunities where you can leverage your skills to make money and create case studies of your work that can be used to prove your value to employers. I recommend using odesk.com and indeed.com to find freelance opportunities.

Advice

Tap into your college alumni database

Regardless if you're a student or graduate, you should reach out to your career services office and ask for introductions to your college alumni. Alumni are always interested in hearing from students and other alumni and like to hire or refer those who have similar education backgrounds.

Connect on social networks

Start following professionals who are employed at companies you want to work at and share the same profession. On Twitter, for instance, you should retweet them, pose questions to them and join in on their discussions. They will start to recognize your name and face, and that connection can help you get in the door.

Attend social and professional events

Use summer as an excuse to leave your home and go to events where you can meet people who could potentially hire you. When attending these events, you should have a business card, a positive attitude and a clear idea of the type of job you want. Use sites like eventbrite.com, meetup.com and allconferences.com to find events that reflect your professional interests and hobbies.

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Horoscope

♋ Cancer | June 21-July 22. Just because you're anxious to wrap up an important matter, don't be rash about it. Positive results should take precedence over speed.

♌ Leo | July 23-Aug. 22. When it comes to a business matter, don't tip your hand prematurely. Don't play your aces until you're sure you can win.

♍ Virgo | Aug. 23-Sept. 22. Take a breather from your workday concerns and enjoy some of the wonderful things life has to offer.

♎ Libra | Sept. 23-Oct. 22. One of the quickest ways to wear out your welcome is to be dictatorial. You must be pleasant at all times.

♏ Scorpio | Oct. 23-Nov. 21. Your drive for accomplishment could cause you to manipulate friends. Strive to keep a sense of perspective about what counts in life.

♐ Sagittarius | Nov. 22-Dec. 21. Overly aggressive people could quickly turn you off. Avoid confrontation by responding in a strong manner.

♑ Capricorn | Dec. 22-Jan 20. Don't respond too harshly in a public disagreement between you and your mate. You could end up very embarrassed.

♒ Aquarius | Jan. 21-Feb 18. Although you might take the time to carefully analyze a situation, you could still make a bad judgment owing to a preconceived notion.

♓ Pisces | Feb. 19-March 20. Think twice before getting involved in a problem that a friend has brought on him- or herself.

♈ Aries | March 21-April 20. Even if you aren't the one who starts an argument with a friend, do what you can to make amends.

♉ Taurus | April 21-May 21. A friend might be willing to help you out, but don't press your luck by demanding it.

♊ Gemini | May 22-June 20. Get out, look around and do a lot of comparison shopping before making a major purchase. If you don't, you'll regret your haste. BERNICE BEDE OSOL

Sudoku: Easy and hard

		7		6				
				8		4	7	2
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		6	9	2	8	5		
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1								4
	7			4	9	6	1	
					5			8
3			2		7	1		
5	9			3				

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Justice was served

In regard to the Zimmerman verdict, my heartfelt prayers go out to the parents of Trayvon Martin and George Zimmerman and his family, for there is no true winner. One is dead and the other will be in fear for his life. The question in this case for many: Was the verdict a travesty or was justice served? The bottom line was that six women labored for 16 hours over Zimmerman's guilt as presented by the prosecution and found reasonable doubt. Justice was served under the rules of our justice system. Now, it is the time for healing all across America.
FREDERICK R. BEDELL JR., VIA EMAIL

Divest from fossil fuels

"Divest," said President Obama in his recent address on climate change. Divest from what? From investments in companies producing fossil fuel. To prevent runaway climate catastrophe, these companies must keep most of their vast reserves in the ground, which won't happen without tremendous pressure. Divestment from oil, coal, etc. can succeed once it gains enough momentum. Our future depends on turning the fossil fuel industry around.
PAUL EMILE ANDERS, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Crossword

Across

1 Skip stones
4 Like a good cake
9 Paddy crop
13 Comic-strip possum
14 Agave
15 German river
16 — out (go kaput)
17 Red meat
18 Burrito morsel
19 Quicker
21 Software version
23 Boneless fish
25 Corral occupants
26 Nape
29 Perch
31 Skirt cut (hyph.)
32 Evil
33 Twisted
37 Embroider, maybe
38 Represses
41 Shout of surprise
42 Tenderhearted
44 Not certain
45 Vocally
47 Pie-chart lines
49 Swamp vapor
50 Ancient scrolls
53 Chum
55 Festooned
57 1920s style (2 wds.)
61 In — (as found)
62 Handle (2 wds.)
64 Tony's relative
65 Animated character
66 Whims
67 Vacuum attachment
68 Questions
69 Ordinary language
70 PBS "Science Guy"

Down

1 Type of prize
2 Hindu fire god
3 Tease (2 wds.)
4 Yours truly
5 Unconventional
6 Motel amenity
7 Deface
8 Type of pay (hyph.)
9 Flack or Peters
10 Think-tank output
11 — and desist
12 Marine birds
13 EPA concern
20 Colonial flutes
22 — Gatos, Calif.
24 Rush-hour problem
26 Polio vaccine inventor
27 152, to Plotinus
28 Nothing, in Nice
30 Air France hub
32 Platter player (hyph.)
34 Romances
35 Baba au —
36 Jedi knight trainer
39 Cleans cursorily (2 wds.)
40 New Orleans gridder
43 Walk-throughs (2 wds.)
46 Establish, as rules (2 wds.)
48 Prince Valiant's eldest
49 Gloomy
50 Ristorante fare
51 Parting word
52 Author Chaim —
54 Has status
56 Earl — Biggers
58 Auction site
59 Film
60 U.K. lexicon
63 Psyche component

Weekend's answer

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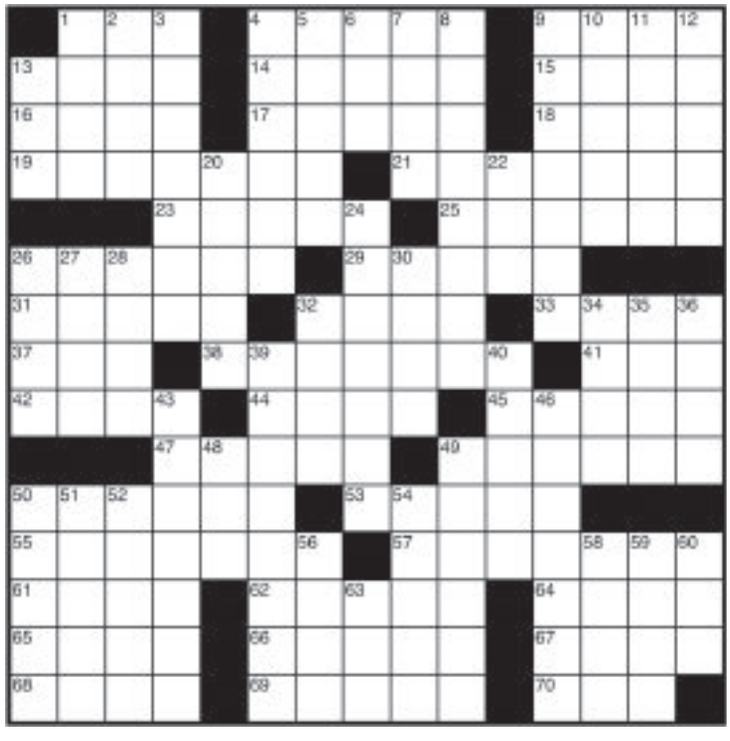

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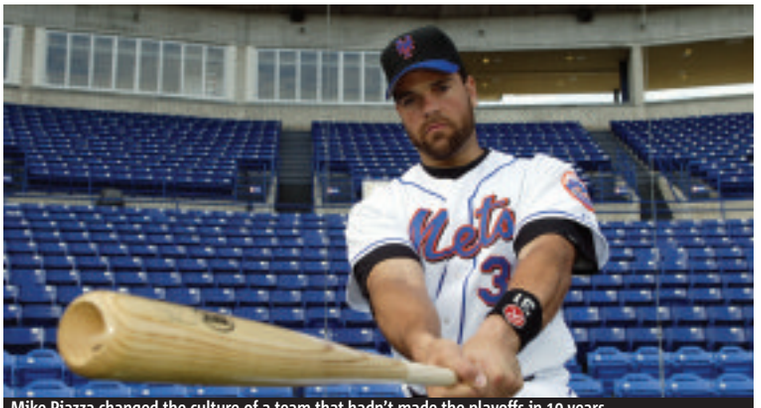
Mets to induct Piazza as 27th player in team Hall of Fame

MLB. The catcher just missed out on making the Baseball Hall of Fame this year.


Mike Piazza changed the culture of a team that hadn't made the playoffs in 10 years when he joined them. / GETTY IMAGES

The greatest hitting catcher of all time will take his place in the Mets Hall of Fame later this season.

The team announced yesterday that Mike Piazza will be inducted into the team's Hall on Sept. 29 before its game with the Brewers.

"Mike Piazza reinvigorated our franchise when we acquired him in May 1998," said Mets Chief Operating Officer Jeff Wilpon. "Mike is one of the greatest players in our history and we are thrilled to induct him into the Mets Hall of Fame."

Piazza played with the Mets from 1998 to 2005 after being traded from the Dodgers to the Marlins days earlier. He finished his Mets career with 220 home runs, 655 RBIs and 532 runs scored. He's the 27th player inducted into the Mets Hall of Fame.

MARK OSBORNE
mark.osborne@metro.us

By the numbers

Piazza's stats as primarily a catcher are unrivaled.

- **427 HR**
  Piazza leads Johnny Bench with the most homers.
- **.577 SLG**
  He leads in slugging over Buster Posey.
- **.922 OPS**
  He leads Mickey Cochrane by .025 in OPS.

Moving on up

Rodriguez promoted to Double-A

Alex Rodriguez will continue his rehab with Double-A Trenton starting today, general manager Brian Cashman said.

Rodriguez had been playing in Single-A since beginning his rehab assignment June 30. He is just 2-for-18 with one RBI and two runs scored in seven games. **METRO**

Brave injury

Freeman out as All Star

Atlanta's Freddie Freeman jammed his left thumb when he was run into at first base on the first play of Saturday's win over the Reds. He will miss the All-Star Game. **METRO**

3 SPORTS

Watch online

Find video and recap of yesterday's Twins-Yankees game at: **www.Metro.us/sports.**

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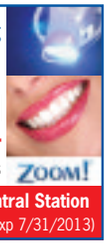

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Mets 4, Pirates 2

Mets end first half with a win at Pirates

Dillon Gee turned in another strong outing as the Mets picked up a 4-2 win over the Pirates prior to hosting the All-Star Game this week at Citi Field.

Gee pitched 6 2/3 innings and allowed only an unearned run, while striking out two. He is now 5-1 in his last six decisions.

He outdueled Gerrit Cole, a former unsigned Yankee draft pick, who dropped his third straight decision after beginning his career 4-0.

The Mets' top five hitters in the lineup all had a hit, with Marlon Byrd driving in one run and scoring another.

John Buck also had two hits and a pair of RBIs.

The Mets finish the first half at 41-50, but they have an 18-14 record since an ugly 1-6 start to June. They begin the second half with a seven-game homestand. METRO

Gee improved to 7-7 on the season with the win. GETTY IMAGES

Zoilo Almonte being tagged out at the plate was just one of a litany of errors by the Yankees yesterday afternoon. / GETTY IMAGES

Yankees enter break with loss

MLB. The Yankees drop their first-half finale to the Twins behind an ugly effort by Sabathia.

Weird things were happening all over the place at Yankee Stadium yesterday.

Robinson Cano hesitated for a split second trying to make a long, running, over-the-shoulder catch, a ball hit a patch of grass and went by Ichiro in center field, CC Sabathia backpedaled trying to get a pop-up only to see it fall behind him, and Lyle Overbay had a ball go off his glove for an error.

And that's just defensively.

The finale of a bizarre first half highlighted by who was not on the active roster concluded with a 10-4 loss to the Twins.

"It's unusual," manager Joe Girardi said. "Defense has been really good this year. Whatever reason, it wasn't today. We made some mistakes and gave them extra outs and it cost us."

The Yankees go into the All-Star break at 51-44, and in contention for one of the wild card spots. They are 6 1/2 games behind Boston.

"It's not where I want to be," Girardi said. "I think these guys have done a pretty good job. We've had a lot of change over here, we've had a lot of guys asked to do things they weren't expected to do when the winter started, but it's not where we want be so I don't think anybody should be satisfied."

LARRY FLEISHER
sports@metro.us

Give Peace a chance

Report: World Peace clear to join Knicks

Metta World Peace was officially amnestied over the weekend, clearing the way for him to join the Knicks.

And ESPN reports the team has already reached out to the Queens native and St. John's star. World Peace would give the Knicks a spark that defense head coach Mike Woodson would like. METRO

Noah Syndergaard watches the Futures Game. / GETTY IMAGES

MLB. Mets' young pitchers impressive in Futures Game

Noah Syndergaard was the "other guy" in the blockbuster offseason trade of R.A. Dickey, but he was front and center in yesterday's MLB Futures Game.

Syndergaard, who was acquired from Toronto along with Top 10 prospect Travis d'Arnaud, started the game for the U.S and pitched a scoreless opening inning with one strikeout.

Rafael Montero, also a Mets farmhand, pitched a perfect first inning for the World team.

Outfielder Brandon Nimmo, the final Mets player and only position player, went 0-for-2 in the game.

The Yankees had one player in the showcase for top prospects, pitcher Rafael De Paula, who pitched a scoreless inning. The 22-year-old De Paula is pitching in Single-A. METRO

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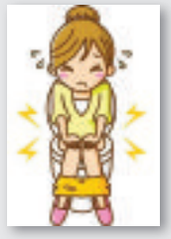

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